

CLAIMS

Having thus described the preferred embodiments, the invention is now claimed to be:

1. (Currently Amended) A snow sliding board such as a ski, a mono-ski or a snowboard, with a vertical plane of general symmetry, comprising:

a base which includes at least in a zone of a sole and a complementary longitudinal element intended to receive a retention binding of a user's boot; said base having a shape of an elongated beam comprising a sliding sole whose front extremity is raised in order to form a spatula;

the complementary longitudinal element having the shape of an elongated plate, limited laterally by a lateral internal rim and a lateral rim, the complementary element also comprising a front portion connected to a rear portion by means of a middle portion, at least one of the lateral rims of the complementary element being laterally supported by at least its middle portion on a lateral shock-absorbing stop made of an elastically deformable material.

2. (Currently Amended) The snow sliding board according to Claim 1, wherein the lateral shock-absorbing stop is fixed on an upper surface of the base .

3. (Currently Amended) The snow sliding board according to Claim 1, wherein the lateral shock-absorbing stop comprises:

a shock-absorbing element sandwiched between one of the lateral rims of the complementary element and a lateral retention projection which is integral with the base.

4. (Currently Amended) The snow sliding board according to Claim 3, wherein the shock-absorbing element of the lateral shock-absorbing stop is an integral part of the lateral retention projection.

5. (Currently Amended) The snow sliding board according to Claim 3, wherein the shock-absorbing element of the lateral shock-absorbing stop is fixed at least at one of the lateral rims of the complementary element.

6. (Currently Amended) The snow sliding board according to claim 1, wherein at least one of the lateral rims of the complementary element comprises a hollow profile constituting a lesser width in a middle portion of said complementary element, said hollow profile being shaped to cooperate with the lateral shock-absorbing stop.

7. (Currently Amended) The snow sliding board according to claim 1, wherein the internal lateral rim is laterally supported on the lateral shock-absorbing stop which is arranged on the internal side of the base.

8. (Currently Amended) The snow sliding board according to claim 1, wherein the front portion of the complementary element is made up of two longitudinal front arms extending from the middle portion toward the front, while the rear portion of the complementary element is made up of two longitudinal rear arms extending from the middle portion toward the rear.

9. (Currently Amended) The snow sliding board according to Claim 8, wherein the front portion comprises a front internal arm and a front external arm; whereas, the rear portion comprises a rear internal arm and a rear external arm, said front internal arm and said rear internal arm, together with the middle portion, being constructed from a first material; whereas, said front external arm and said rear external arm are constructed from a second material different from the first material.

10. (Currently Amended) The snow sliding board according to claim 1, wherein the complementary element is joined to the base by fixation elements.

11. (Currently Amended) The snow sliding board according to claim 1, wherein:

the front portion and the rear portion of the complementary element are each fixed to the base, such that relative lateral displacement between said complementary element and the base is blocked, and relative longitudinal displacement is permitted;

the central portion of the complementary element is fixed at the base such that longitudinal translation of the complementary element in relation to the base is blocked, and relative transverse displacement of said element in relation to said base is permitted.

12. (Currently Amended) The snow sliding board according to Claim 11, wherein:

the fixation means are constituted by fixation screws, the front portion of the complementary element being fixed to the base by two fixation screws, one front left screw and one front right screw, each screw traversing a corresponding oblong hole, respectively extending longitudinally in an oblong left hole and an oblong right hole;

the rear portion of the complementary element being fixed to the based by two fixation screws, one rear left screw and one front right screw, each of the screws traversing a corresponding oblong hole, respectively extending longitudinally in a left oblong hole and a right oblong hole; and

the central portion of the complementary element is fixed by at least one screw traversing a corresponding oblong hole extending transversely.

13. (Currently Amended) The snow sliding board according to Claim 12, wherein the screw which fixes the central portion is positioned at a level of the corresponding oblong hole in order to permit lateral displacement of the central portion toward both sides of the screw.

14. (Currently Amended) The snow sliding board according to Claim 12, wherein the screw which fixes the central portion is in contact with one of the extremities of the oblong holes in order to only permit lateral displacement of the central portion only toward the lateral support.

15. (New) A ski comprising:

an elongated base which is raised at one end and which has an upper surface and a lower, snow-engaging surface;

a complementary longitudinal element mounted to a central portion of the upper surface of the base, the complementary longitudinal element including a forward

portion, a rearward portion, and a middle portion, the middle portion being mounted to the base upper surface such that limited lateral movement is permitted;

a resilient shock-absorbing stop disposed on the base upper surface adjacent and abutting the complementary longitudinal element middle portion to limit lateral movement of the middle portion.